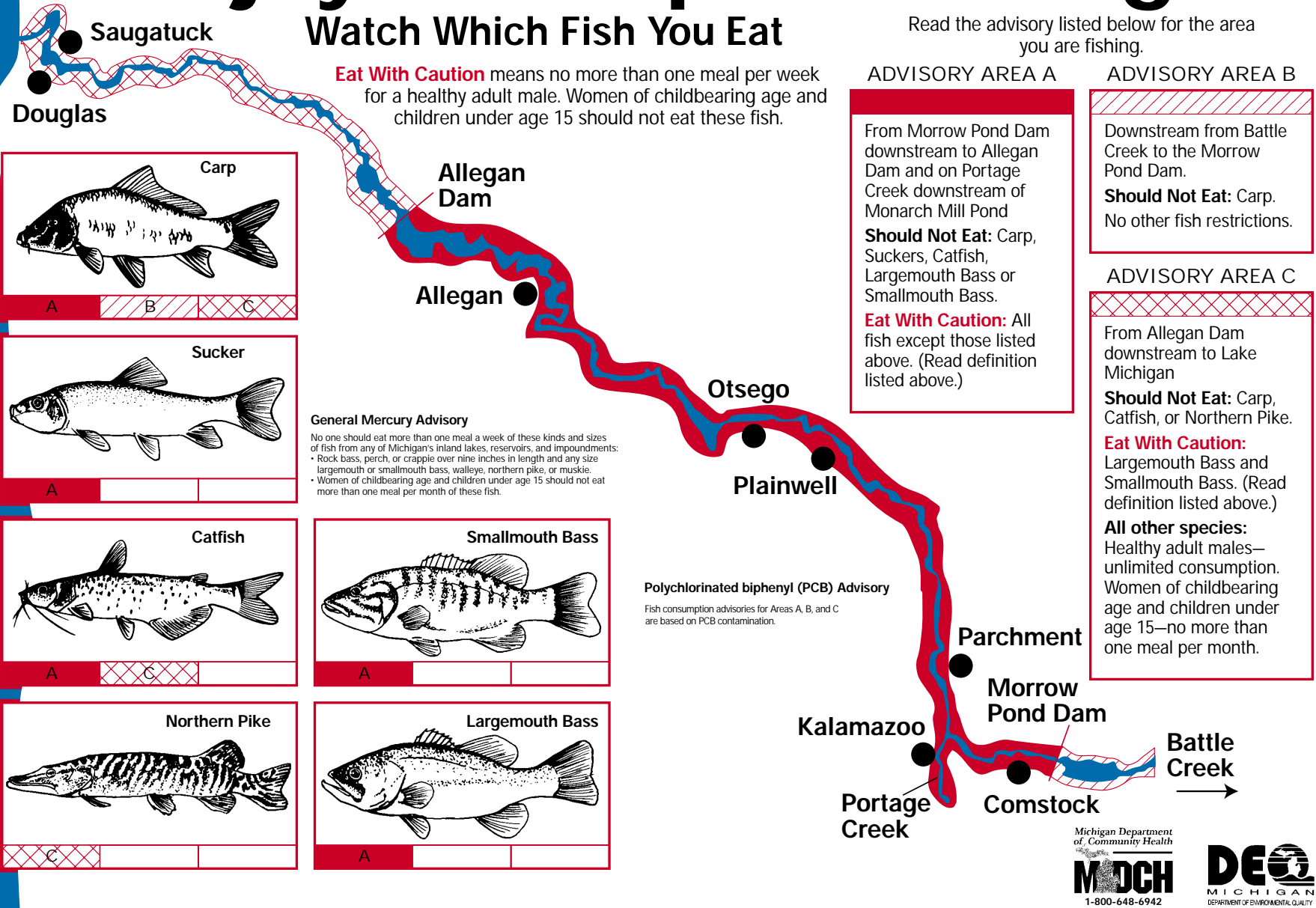


Enjoy Your Sport Fishing

Watch Which Fish You Eat

Read the advisory listed below for the area you are fishing.



You Are What You Eat

Kalamazoo River Fish Eating Advisory

Downstream from Battle Creek to the Morrow Pond Dam: **Should not eat any Carp.**

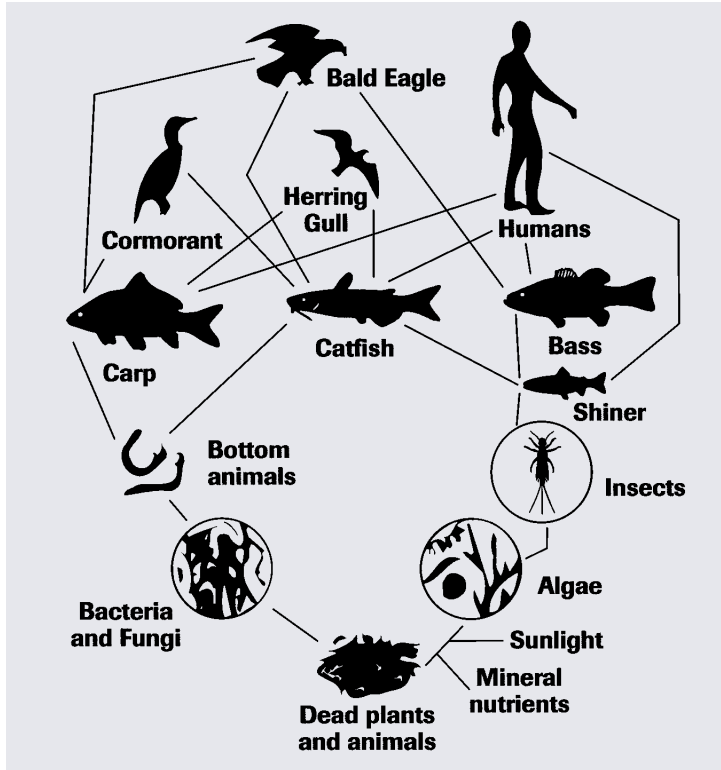
Downstream from Morrow Pond Dam to Allegan Dam and on Portage Creek downstream of Monarch Mill Pond: **Should not eat any Carp, Suckers, Catfish, Largemouth Bass or Smallmouth Bass.**

Healthy adult males should limit consumption of all other fish to one meal per week. Women of childbearing age and children under the age of 15 should not eat any fish from this section.

Downstream from Allegan Dam to Lake Michigan: **Should not eat Northern Pike, Carp or Catfish.**

Healthy adult males should limit consumption of Largemouth and Smallmouth Bass to one meal per week. Women of childbearing age and children under the age of 15 should not eat any Bass from this section.

For all other species: Healthy adult males—unlimited consumption. Women of childbearing age and children under the age of 15—no more than one meal per month.



How the food chain works

The fish that you eat from the Kalamazoo River feed on smaller fish that feed on smaller animals that feed on plant life from the bottom of the river. The lower part of the Kalamazoo River is contaminated with PCBs. So when you eat a fish, you may be eating PCBs—which can be harmful to your health. See the "Enjoy Your Sport Fishing" chart shown above to learn about which fish you should avoid eating. Also, look at the fish advisory on the left and the fish cleaning instructions on the right.

Fish Cleaning Guide

Most of the toxic PCBs are in the fatty parts of a fish. By removing these fatty parts, you can reduce the amount of PCBs you eat.

Here's what to do:

1. **Trim fatty areas** (see chart below)—the belly, the top of the back and the lateral line.
2. **Remove or put holes in skin before cooking.** This lets the fats drain off.
3. **Cook so fats drain away.** Bake, broil, grill or poach and throw away the liquid. Do not fry or make soups.
4. **Deep-fry trimmed fillets in vegetable oil.** Throw away oil after cooking.

